

BARBARIAN SWIMMERS

BARBARIAN BRONZE

Learning Outcomes

Demonstrating the Ability to:

1. Using a live simulated unconscious casualty demonstrate:
 - (a). Turning a casualty from the Prone (Front) to the Supine (Back) Position.
 - (b). Opening the Airway, and checking for signs of Breathing.
 - (c). The action for Vomiting.
 - (d). The Recovery Position and Aftercare.

Follow the Barbarian Bronze "Basic Life Support" Flow Chart.

2. Swim 100 metres Front Crawl within 3 minutes incorporating correct Start, Turns and Finish.
3. Swim 25 metres Front Crawl arms only.
4. Swim 25 metres Front Crawl legs only.
5. Swim 100 metres Back Crawl within 3 minutes 30 seconds incorporating correct Start, Turns and Finish.
6. Swim 25 metres Back Crawl arms only.
7. Swim 25 metres Back Crawl legs only.
8. Swim 100 metres Breaststroke within 4 minutes 20 seconds incorporating correct Start, Turns and Finish.
9. Swim 25 metres Breaststroke arms only.
10. Swim 25 metres Breaststroke legs only.
11. Swim 4 X 25 metres individual medley.
12. Swim 25 metres Polo Crawl with a ball showing control by keeping the ball just in front of the head.

Teaching Objective.

Reinforce:

- * Skills learnt in previous awards.

Introduce:

- * First Aspects of C.P.R.
- * Control of ball while swimming.

Develop and Improve:

- * Stamina and Speed and Stroke Technique.
- * Competitive Starts, Turns and Finishes.
- * Individual Medley.

The next badge is **SEAL 3**.

You will need long sleeved shirt, long sleeved jumper and long loose fitting trousers
not jeans.

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FLOW CHART.

The following Dry Work is now incorporated into the above badge.

1. CHECK FOR DANGER.

Ensure safety of both the
Casualty and Rescuer.

Danger
Present

Remove Danger
Make the Scene Safe

↓
No Danger

↓
CHECK REPOSE

Responds

Leave in position found.
(If no further danger.)
* Reassess frequently.
* Get Help.

↓
No Response

↓
SHOUT FOR HELP. -- Or phone for Ambulance on mobile.

↓
2. TURN THE CASUALTY FROM THE PRONE POSITION (FRONT)
ONTO SUPINE POSITION (BACK).

↓
3. OPEN AIRWAY.
Head Tilt - Chin Lift.

↓
CHECK NORMAL
BREATHING.
Look, Listen, Feel.

Breathing.

Secondary Survey.

5. Turn into the Recovery Position.
Check for continuing Breathing.
Phone 999 / 112 for Ambulance

4. DEMONSTRATE THE ACTION TAKEN FOR A CASUALTY WHO IS VOMITING.

Laurie Treen.
Training Officer.